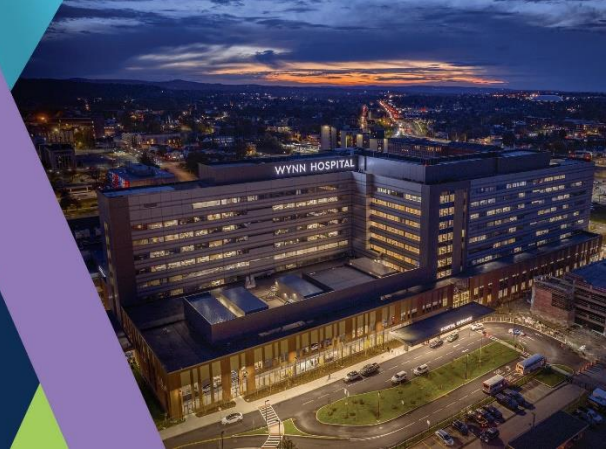


Just the Facts

MVHS & WYNN HOSPITAL

There's so much happening in healthcare in our region – at times it's hard to stay updated! That's why Just the Facts is being reinvigorated. This weekly publication, published on Tuesdays, will provide you with the latest information about MVHS and the Wynn Hospital!



TOPIC FOR TUESDAY, FEBRUARY 4, 2025:

Heart Healthy Tips for Heart Month

Our Community Outreach team participates in various events in Oneida and surrounding counties promoting health and wellness through education, prevention and screenings. Last year the nurses of the Community Outreach team educated more than 15,000 community members and screened over 6,600 for high blood pressure at approximately 400 events.

And with February being Heart Month, the Community Outreach team is sharing heart healthy statistics and tips about blood pressure and cardiac health:

Heart Health and Blood Pressure Screenings

Blood pressure is the force of blood pushing against blood vessel walls; it is measured and written in two numbers: Systolic (the upper number) and Diastolic (the lower number). An example of a normal blood pressure reading would be 120/80 as shown in the American Heart Association chart below.

High blood pressure can damage your arteries by making them less elastic. This can potentially decrease the flow of blood and oxygen to your heart, which can then lead to heart disease or chest pain, also called angina.

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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heart.org/bplevels

According to the [American Heart Association's 2025 Statistics Update](#):

- Nearly 47% of U.S. adults have high blood pressure.
- More than 72% of U.S. adults have unhealthy weight (currently defined as body mass index ≥ 25), with nearly 42% having obesity (currently defined as body mass index ≥ 30).
- More than half of U.S. adults (57%) have type 2 diabetes or prediabetes.

Risk Factors Related to High Blood Pressure

There are risk factors that increase your chances of developing high blood pressure, including:

- Cigarette smoking and secondhand smoke
- Diabetes
- Being overweight or obese
- High cholesterol
- Physical inactivity.

High blood pressure can lead to the health issues listed below. A simple blood pressure check is the first step to preventing these issues, such as:

- Stroke
- Vision loss
- Heart attack or heart failure
- Kidney failure
- Sexual dysfunction.

5 Ways to Keep Your Heart Happy and Healthy

- *Get active* – try to get at least 150 minutes of moderate aerobic exercise per week.
- *Eat better* – eat a diet filled with fruits, vegetables, whole grains, low fat dairy products, poultry, fish and nuts. Cut out sugary drinks and processed foods.
- *Quit smoking* – smoking increases your risk of many diseases and damages your heart and lungs.
- *Reduce blood sugar* – cut out added sugar by checking nutrition fact labels, limiting sweets and sugary beverages and choosing simple foods over processed foods.
- *Manage blood pressure* – if you have been diagnosed with high blood pressure, it is important to monitor your blood pressure and take your scheduled medications as prescribed.